

VERONA RECREATION DEPARTMENT

2017 SPRING & SUMMER PROGRAMS



REGISTER ONLINE AT:

www.veronawi.gov

Includes Verona Public Library and Senior Center Information

410 Investment Court

Verona, WI 53593

608-845-6695

Recreation Department News

Hello Verona Rec Department families and participants!

Welcome to the 2017 Spring & Summer Recreation Brochure.

With spring just around the corner, it is time to start planning for your spring and summer activities! Youth and adult recreational activities are a great way to get active and learn more about your community! Browse through our 2017 Spring/Summer Brochure to explore all there is to offer here in Verona. We continue to offer online registration for programs and park reservations. Just go to the City of Verona website to register: www.ci.verona.wi.us/recreation.

We would like to thank everyone who helps support our department. We have many great volunteer coaches and seasonal staff that help make our programs a huge success. This generosity and hard work allows our department to promote activities and services in a convenient and cost effective manner. This brochure is full of activities, contact information, and more. Feel free to contact the department with questions, concerns, or suggestions. Have a safe, fun-filled spring and summer! Get out and enjoy your community in 2017!

Casey Dudley

Recreation Director

casey.dudley@ci.verona.wi.us

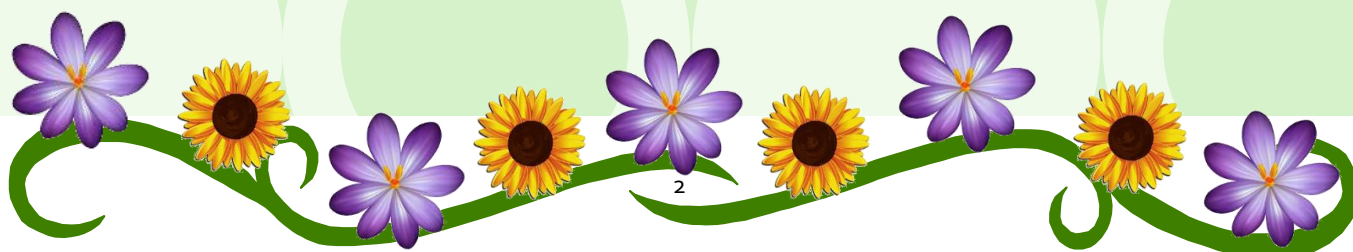
Ali Tackett

Recreation Assistant

ali.tackett@ci.verona.wi.us

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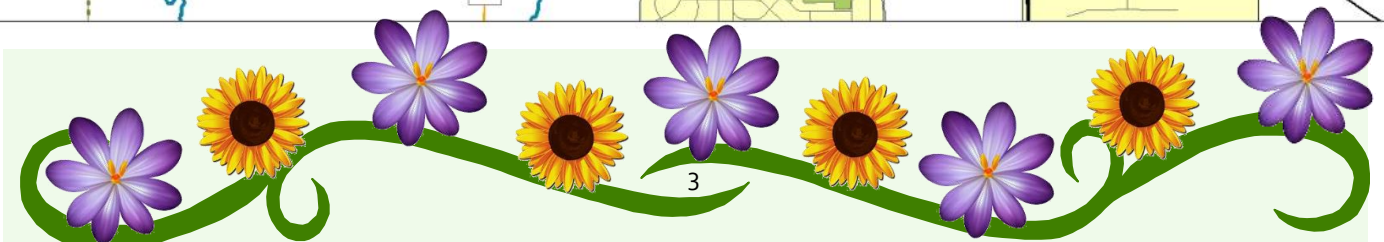
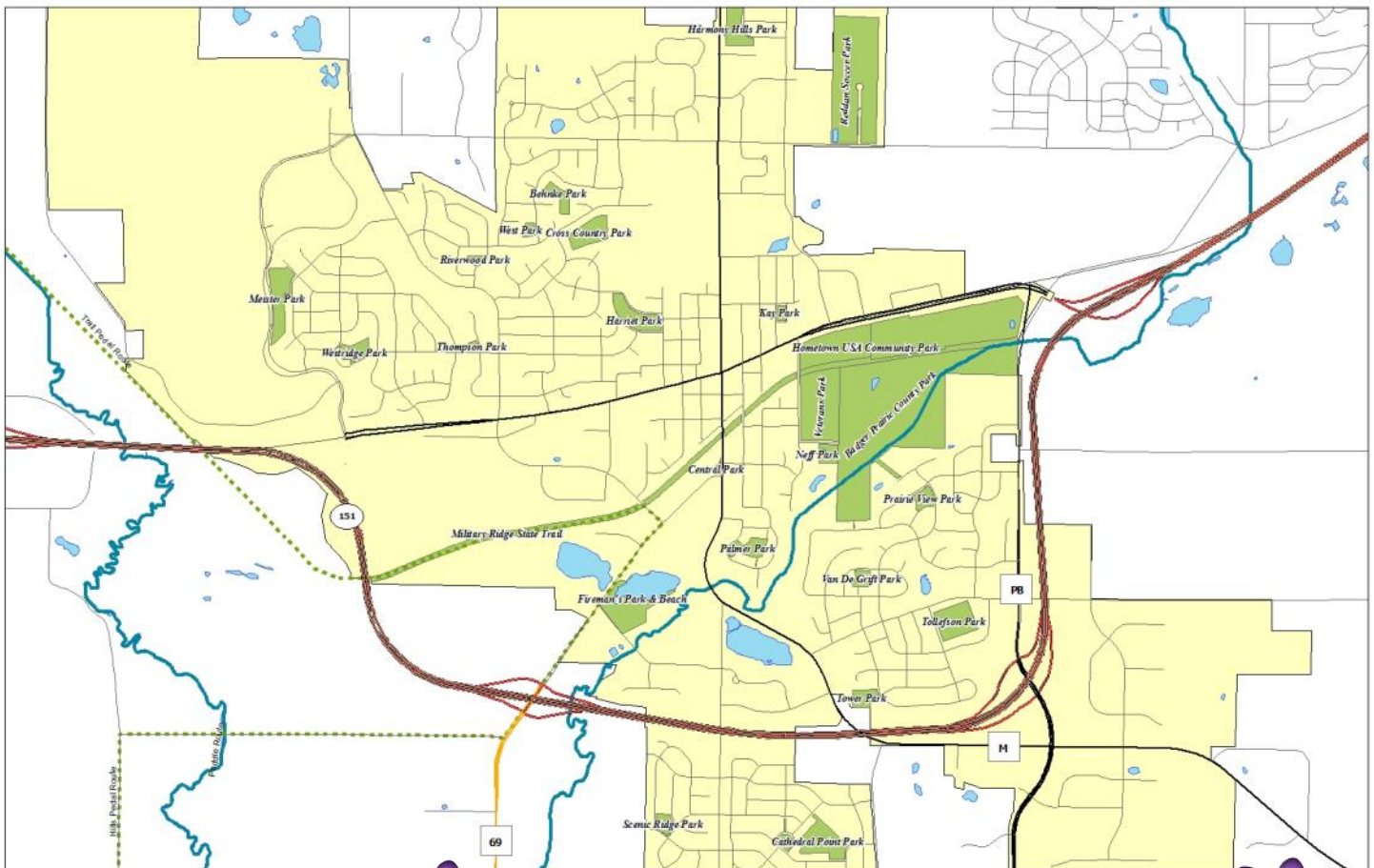


CITY OF VERONA INFORMATION

CITY STAFF:

Mayor	Jon Hochkammer	
City Administrator	Jeff Mikorski	845-6495
Public Works Director	Theran Jacobson	848-6801
Street Superintendent	Greg Denner	848-6804
Assistant Public Works Director	Jon Bublitz	497-2081
Construction Manager	Marty Cieslik	497-2072
Police Chief	Bernie Coughlin	845-7623
Fire Chief	Joe Giver	845-9401
Parks and Urban Forestry Director	Dave Walker	848-6809
Recreation Director	Casey Dudley	848-6815
Recreation Assistant	Ali Tackett	497-2070
City Clerk	Ellen Clark	848-9947
Finance Director	Brian Lamers	848-9949
City Planner	Adam Sayre	848-9941
Library Director	Stacey Burkart	845-7180
Building Inspector	Ken Robers	845-0903
Senior Center Director	Mary Hanson	845-7471
Sewer and Water Clerk	Kimberly Marshall	497-2071

HOMETOWN USA, EST 1966



Verona Recreation Department Office Information

Recreation Director: Casey Dudley

Direct: 608-848-6815

Email: casey.dudley@ci.verona.wi.us

Recreation Assistant: Ali Tackett

Direct: 608-497-2070

Email: ali.tackett@ci.verona.wi.us

Location: Across from Zurbuchen Oil

Verona Public Works, Parks &
Recreation Building
410 Investment Court
Verona, WI 53593

Hours: 8:00 a.m.—4:30 p.m.

Monday—Friday

Open during the noon hour

Website:

www.veronawi.gov/recreation

General Line: 608-845-6695

Fax: 608-845-5761

Our office has voicemail. If calling after regular business hours, please leave a message and we will return your call as soon as possible. Our office also has a drop box for any registration forms dropped off after hours.

Registration Instructions

Registration forms are at the end of this brochure. All of the information on the form must be filled out in order to participate. The top portion of the form must be filled out completely.

Program name: Print the name of the program you would like to register for.

Session: Print the session name and number. Print the participant's age and grade: please fill out the age of the child as of the day you are filling out the form. The grade of the child should be printed in as what grade the child is currently in.

Fee paid: please write the amount of the class. All prices are included in the program description. Total up all the registration fees and include the total at the bottom of the form.

Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department prior to the registration deadline.
2. Cancellations after the registration deadline are subject to a **\$5** surcharge.
3. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.
4. Full refunds will be given if the Recreation Department cancels a class.
5. Refunds will either be a credit to your account, a refund to your credit card (if paid online), or a check to be mailed.
6. All refund checks will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the payment after the refund has been issued.
7. Credits to account and refunds to credit cards will be posted as soon as you contact the Recreation Department.

Resident/Non-Resident Fee Policy

(R = Resident, NR = Non-Resident)

A resident is any individual who resides within the city limits of Verona. All other individuals living outside the city limits are considered non-residents, and will be charged an additional fee above the resident rate. This charge is assessed per person, per program. Residency for our programs is **NOT** based on school district residency. NR fees are \$15 for programs under \$100 and \$20 for programs \$100 and up.

Publicity

The Verona Recreation Department reserves the right to utilize photos and names of participants for publicity purposes. Participants not wanting their names and/or photos used must notify the Recreation Department in writing at the time of registration.

Inclement Weather Procedure

The Verona Recreation Department will post a voice message for all programs in case of inclement weather. If you would like to inquire about possible cancellations or postponements, please call 848-6815 **after 4:30 p.m.**



Accident Insurance

The City of Verona Recreation Department does not provide accident insurance for its participants. Participants must assume full responsibility for injuries while participating in the activity.

Late Registration Policy

A \$10 late charge will be added to your fee if your registration is received after the registration deadline. There will be no pro-rating of program fees for late registrations.

Employment

The City of Verona Recreation Department employs many individuals to work as umpires, referees and supervisors for our youth and adult programs. The requirements are that you have taken a course or are familiar with the activity. Contact the Recreation Office at 848-6815 about possible openings.

Confirmation of Enrollment

Once you have registered, plan on attending at the listed times and dates. Please feel free to call 848-6815 to verify your registration and/or to ask any questions. The Recreation Department will **only** contact you if the program is full or cancelled.

Questions on anything Rec Dept related? Contact Casey at casey.dudley@ci.verona.wi.us or Ali at ali.tackett@ci.verona.wi.us!

How to Register

Online: www.veronawi.gov/recreation

Register online 24 hours per day/7 days a week with a Visa, MasterCard or Discover card. A small convenience fee is charged for the use of this service. Have peace of mind knowing that you or your child is enrolled in a class! With online registration, you can view how many spots are available in a particular class or see what dates are available at the park shelters, all from the comfort of our own home or office. If a class is full, please sign up to be on the waiting list.

Mail—In

Mail completed registration forms with payment to:
Verona Recreation Department
410 Investment Court
Verona, WI 53593

Walk—In

Office hours are 8:00 a.m. to 4:30 p.m. M—F

After—Hour Drop Box

Located in the entry way of the Recreation Office

Program Sizes

Most programs have a minimum/maximum enrollment. If the Recreation Department is unable to fill the program, full refunds will be issued to each individual. If a program is full, you will be notified, and upon request, be put on a waiting list. If a cancellation occurs you will be notified. If no opening occurs, a full refund will be issued.

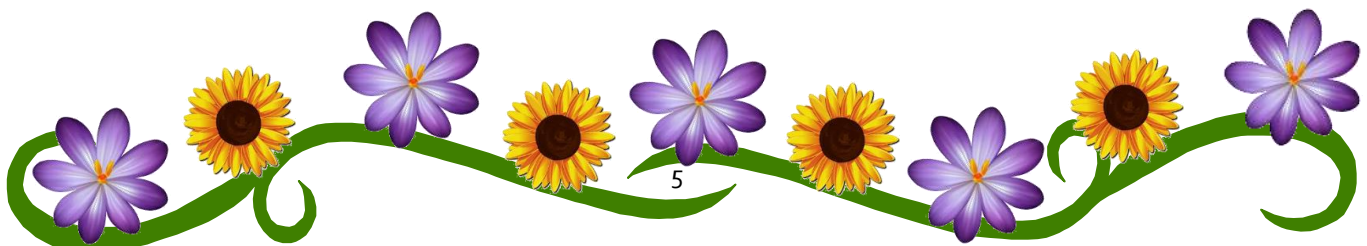
Program Times & Places

All program times and places are subject to change if facilities are not available at listed times. The Verona Recreation Department will notify each participant of any changes prior to the start date.

Financial Assistance

There is limited financial assistance through a recreation scholarship fund established with the Verona Area Education Foundation.

There is also limited financial assistance available through a recreation scholarship with donations from EPIC. For more information regarding a scholarship, call the Verona Recreation Department at 845-6695.



YOUTH ACTIVITIES

SPRING SOCCER: PRE-K—5TH GRADE

This program stresses the fundamentals of soccer & sportsmanship in a fun, relaxing atmosphere where all of the participants get equal playing time. Pre-K, K & 1st graders will participate in small-sided games which will give all kids more action. The 2nd-5th graders will be playing in conjunction with the Fitchburg Rec Dept & will play on larger fields. The 4th-5th graders will have referees. The Pre-K soccer is for kids that will be entering Kindergarten in **fall of 2017**. Practice & games are for one hour.

Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The Recreation Department can offer resources to beginner coaches. Get involved, your kids will thank you!

<u>Session/Grades:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#1 Pre-K Coed	Saturday Mornings	9, 10 or 11:00 AM	Fireman's Park
#2 K Coed	Wednesdays	5:30 or 6:30 PM	Fireman's Park
#3 1st Grade Coed	Tuesdays & Thursdays	5:30 or 6:30 PM	Fireman's Park

- Season starts the week of April 10 and will run for approximately 6 weeks.

Cost if registered by 3/10/17 R \$36 NR \$51 Add \$10 if registered after 3/10/17

<u>Session # Grades:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#4 2nd-3rd Grade Coed	Mondays & Wednesdays	5:30 or 6:30 PM	Harriet/Van de Grift Parks
#5 4th & 5th Grade Coed	Tuesdays & Thursdays	5:30 or 6:30 PM	Harriet/Van de Grift Parks

- Season starts the week of April 10 and will run for approximately 6 weeks.

Cost if registered by 3/10/17 R \$40 NR \$55 Add \$10 if registered after 3/10/17

YOUTH T-BALL/BASEBALL/SOFTBALL: 4 — 10 Year Olds

Youth baseball and softball is offered for boys and girls 4 to 10 years old. Game times will be determined based on the number of teams in each league. When registering, for one of these programs, please remember to sign your child up for the age level that they are at the start of the program.

The machine pitch program will be offered in collaboration with the Fitchburg and Mt. Horeb Rec Depts. The 7–9 year old boys will use a pitching machine. Games will be played in Fitchburg, Mt. Horeb and Verona. For 3-4th Grade Girls, refer to VAGSA Softball on page 29

Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The Recreation Department can offer many different coaching resources to beginner coaches. Get involved, your kids will thank you!

<u>Session # Age:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#1 4-5 Coed T-Ball	Saturday Mornings	9, 10 or 11:00 AM	Veterans Park
#2 5-6 T-Ball/Coach Pitch	Saturday Mornings	9, 10 or 11:00 AM	Community Park
#3 6-7 Coach Pitch	Mondays & Wednesdays	5:30 or 6:30 PM	Veterans Park

- Season will begin the week of June 19 and run for approximately 6 weeks

Cost if registered by 5/19/17 R \$35 NR \$50 Add \$10 if registered after 5/19/17

<u>Session # Age:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#4 8-10 Boys Machine Pitch	Tuesdays & Thursdays	5:30 or 6:30 PM	Verona, Fitchburg & Mt. Horeb

- Season will begin the week of May 15 and run for approximately 8 weeks

Cost if registered by 4/18/17 R \$47 NR \$62 Add \$10 if registered after 4/18/17!



YOUTH ACTIVITIES

BABYSITTING CLASS

This program will provide the safety skills and confidence necessary to be a great babysitter. Upon completion, you will receive a certificate and a babysitter's handbook. Sign up today! This class is provided in cooperation with CPR Training Specialist, LLC and are Licensed Training Partners (LTP) with the American Red Cross.

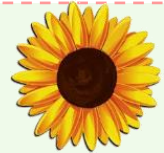
Instructor: CPR Training Specialist, LLC Staff. All classes to be held at the Verona Public Library.

<u>Session:</u>	<u>Date:</u>	<u>Times:</u>	
#1	March 18	9:00 AM—4:00PM	Fee: R = \$93 NR = \$108
#2	April 15	9:00 AM—4:00PM	Registration Deadline: One week prior to the class!
#3	May 6	9:00 AM—4:00PM	
#4	June 24	9:00 AM—4:00PM	Min = 6 Max = 12
#5	July 29	9:00 AM—4:00PM	
#6	August 19	9:00 AM—4:00PM	



DON'T FORGET, YOU CAN REGISTER ONLINE!

WWW.CI.VERONA.WI.US/RECREATION



PLAYGROUND PROGRAM

Hey kids, come out and play! This is the 16th year for the playground program, which is geared for boys and girls 5 - 12 years of age. This is a drop-in program with college aged supervisors. A variety of activities from arts and crafts, trips to the beach, and all kinds of outdoor games will be planned throughout the summer. The Playground Program will be held in three locations for your convenience. If you live on the east side, Tollefson Park would be most convenient. If you live closer to down town, Veteran's Park may be the best choice. If you live closer to the west side, you might want to choose Harriet Park. Select a site that is most convenient for you.

<u>Session:</u>	<u>Days:</u>	<u>Age:</u>	<u>Times:</u>	<u>Location:</u>
#1	Mon—Fri	5—7	9:00AM—Noon	Harriet Park
#2	Mon—Fri	5—7	9:00AM—Noon	Tollefson Park
#3	Mon—Fri	5—7	9:00AM—Noon	Veterans Park
#4	Mon—Fri	8—12	1:00—4:00PM	Harriet Park
#5	Mon—Fri	8—12	1:00—4:00PM	Tollefson Park
#6	Mon—Fri	8—12	1:00—4:00PM	Veterans Park

Cost if registered by 5/19/17 Fee: R = \$120 NR = \$140 Add \$10 if registered after 5/19/17

Program will begin the week of June 19 and run for 9 weeks. Register early as this program fills up fast!

Due to the popularity of this program, registration will be available to City of Verona residents ONLY until 3/3/17

Program will not meet July 3rd & 4th



YOUTH ACTIVITIES

CHALLENGER'S BRITISH SOCCER CAMP—JUNE 12-16

Challenger's British Soccer Camp is coming to Verona **JUNE 12-16**! Challenger's British Soccer Camp is now the largest youth soccer camp in the US! Each year the 450 British staff will coach around 60,000 boys and girls and 10,000 coaches. Challenger's coaches hold a national coaching license from Great Britain and are trained specifically for the British Soccer Camp Program. "The Challenger way" focuses on challenging players to improve with maximum participation, maximum touches on the ball, and maximum fun. Challenger has teamed up with the NAIA to help teach your child respect, responsibility, integrity, leadership, and sportsmanship. Each camper will receive a free camp shirt and camp ball, and a personal player evaluation. www.challengersports.com

<u>Session:</u>	<u>Age Level:</u>	<u>Duration:</u>	<u>Time:</u>	<u>R Fee:</u>	<u>NR Fee:</u>
#1 First Kicks	3-4	1 Hour	9:00-10AM	\$88	\$103
#2 Mini Soccer	4-6	2 Hours	10:00-12PM	\$111	\$131
#3 Half Day	7-10	3 Hours	9:00-12PM	\$135	\$155
#4 Half Day	11-14	3 Hours	5:30-8:30PM	\$135	\$155

House a coach and you will receive \$80 toward the session for your son/daughter.

Sign up online before 4/28/17 and receive a free replica jersey! A \$6.95 s/h fee will be applied

Register at: www.challengersports.com

Cost if registered by: 6/2/17 Add \$10 if registered after 6/2/17

CHALLENGER'S BRITISH SOCCER CAMP—AUGUST 7-11

<u>Session:</u>	<u>Age Level:</u>	<u>Duration:</u>	<u>Time:</u>	<u>R Fee:</u>	<u>NR Fee:</u>
#1 First Kicks	3-4	1 Hour	9:00-10AM	\$88	\$103
#2 Mini Soccer	4-6	2 Hours	10:00-12PM	\$111	\$131
#3 Half Day	7-10	3 Hours	9:00-12PM	\$135	\$155
#4 Half Day	11-14	3 Hours	5:30-8:30PM	\$135	\$155

House a coach and you will receive \$80 toward the session for your son/daughter.

Sign up online before 6/23/17 and receive a free replica jersey! A \$6.95 s/h fee will be applied

Register at: www.challengersports.com

Cost if registered by: 7/28/17 Add \$10 if registered after 7/28/17

INSTRUCTIONAL SOCCER

This comprehensive program will concentrate on the skills of dribbling, passing, throw-ins, defensive positioning, and more! The first few weeks will be basic instruction, while later weeks we will get into specific position related instruction as well as scrimmages. Directing the camp will be current and former Verona Soccer players. Don't miss out on the fun and exciting learning experience this program has to offer. **Enrollment will be based on the grade you are in now.**

Begins June 27 and runs for 4 weeks. *Will not meet July 4th

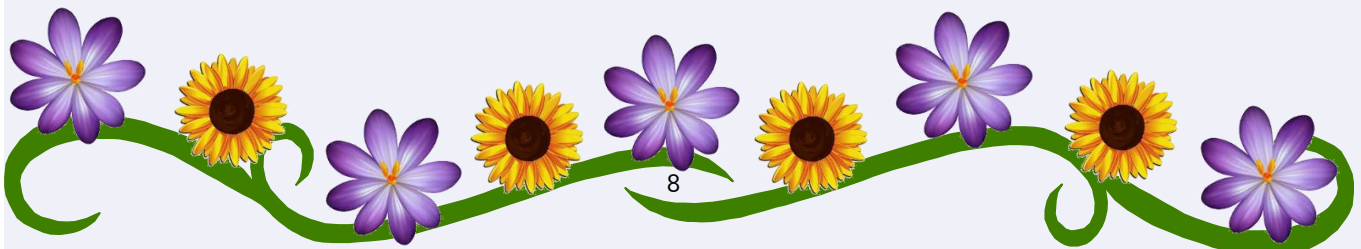
Program to be held at Fireman's Park

<u>Session:</u>	<u>Days:</u>	<u>Times:</u>
#1 Grades K & 1	Tuesdays & Thursdays	1:00-2:00 PM
#2 Grades 2 & 3	Tuesdays & Thursdays	2:00-3:00 PM

Cost if registered by: 6/2/17

Fee: R=\$45 NR=\$60

Add \$10 if registered after 6/2/17





INSTRUCTIONAL LACROSSE

This "soft stick" program will concentrate on introducing and teaching the game of Lacrosse. Participants will learn the basics of all aspects of the game of Lacrosse. The first few weeks will be basic instruction, while later weeks will get into specific position related instruction & scrimmages. Directing the camp will be current Verona Lacrosse players.

Enrollment will be based on the grade you are in now.

Begins June 26 and runs for 4 weeks.

Location: Fireman's Park

<u>Session:</u>	<u>Days:</u>	<u>Times:</u>
#1 Grades K & 1	M & W	1:00—2:00PM
#2 Grades 2 & 3	M & W	2:00—3:00PM

Fees: R=\$45 NR=\$60

Cost if registered by 6/2/17

Add \$10 if registered after 6/2/17

INSTRUCTIONAL VOLLEYBALL

Bump, Set, Spike! This all-inclusive program will concentrate on teaching your child the skills of volleyball. The first few weeks will be basic instruction of the game, while later weeks we will get into more specific instruction as well as scrimmages. Directing the camp will be former VAHS Volleyball Players. Dive in to the lifelong sport of volleyball with this fun and exhilarating program!

Enrollment will be based on the grade you are in now.

Begins June 26 and runs for 4 weeks.

Location: Glacier Edge Elementary School

<u>Session:</u>	<u>Days:</u>	<u>Times:</u>
#1 Grades 3 & 4	M & W	5:30—6:30PM
#2 Grades 5 & 6	M & W	6:30—7:30PM

Fees: R=\$45 NR=\$60

Cost if registered by 6/2/17

Add \$10 if registered after 6/2/17

INSTRUCTIONAL FLAG RUGBY

In this instructional coed program, your child will learn the basics of rugby sevens—a 2016 Olympic sport! There is ball-carrying, passing, catching, kicking, teamwork and space strategy. Rugby is a game founded on sportsmanship and the skills readily transfer to other sports. The coaches are men and women from the championship teams of Madison United Rugby (Senior, Collegiate, and High School). Sessions run 6/19/17—7/26/17. Optional Saturday game sessions—July 8, 15, 22 & 29 (info at first session). Parents are invited to learn the sport and be trained as coaches—no experience necessary!

Cost if registered by 5/19/17

Fee: R = \$45 NR = \$60

Add \$10 if registered after 5/19/17

Location: Veterans Park

<u>Session:</u>	<u>Days:</u>	<u>Time:</u>
# 1 Grades 3 & 4	M & W	6:15—7:30PM
#2 Grades 5 & 6	M & W	6:15—7:30PM
#3 Grades 7 - 9	M & W	6:15—7:30PM

INSTRUCTIONAL TENNIS

Here is your chance to learn more about the game of tennis. This program is offered to the experienced and the beginner. Instructional tennis will cover the fundamentals of forehand, backhand, serve, scoring, and the rules. This program will run for 6 weeks. Lessons held at the VAHS Tennis Courts.

Beginners: (ages 6-10) Learn the basics of tennis, such as proper grip, strokes, volley, serve and scoring.

Intermediate: (ages 11-15) Work for consistency & knowledge of beginning tennis leading to confidence in play.

Advanced: (ages 11-14) Work to a level of playing competitive tennis through drills/games to develop consistency and further their skills

High School: For kids who will attend high school in the 2017-2018 school year. Continue improving your tennis skills.

<u>Session:</u>	<u>Days:</u>	<u>Times:</u>
#1 Beginners	M & W	9:00AM
#2 Beginners	T & Th	9:00AM
#3 Beginners	M & W	10:00AM
#4 Beginners	T & Th	10:00AM
#5 Int/Adv.	M & W	11:00AM
#6 Int/Adv	T & Th	11:00AM
#7 Beginners	T & Th	5:00PM
#8 Beginners	M & W	5:00PM
#9 Int/Adv	M & W	6:00PM
#10 9th & 10th Graders	M & W	8:00AM
#11 11th & 12th Graders	T & Th	8:00AM

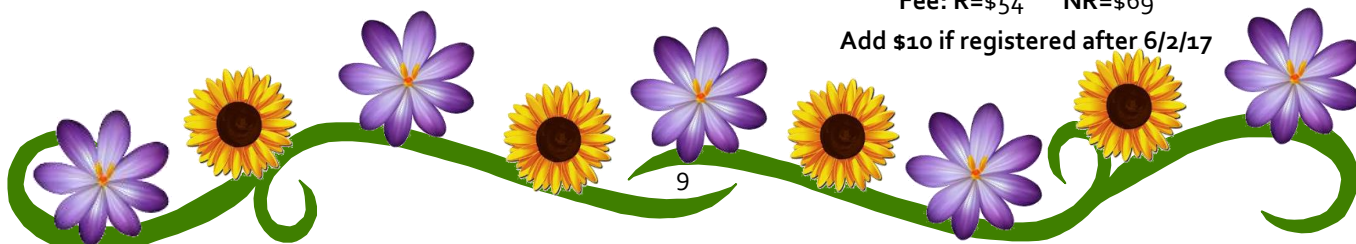
Start Date: Week of June 19 **Min:** 5 **Max:** 15

Will not meet July 3rd & 4th

Cost if registered by 6/2/17

Fee: R=\$54 NR=\$69

Add \$10 if registered after 6/2/17



YOUTH ACTIVITIES

INSTRUCTIONAL BASEBALL

This all-inclusive program for kids in 1st—4th grade, will concentrate on the skills of throwing, hitting, base running, defense, pitching and more! This comprehensive program will run for 4 weeks. The first few weeks will be basic instruction, while later weeks we will get into specific position related instruction as well as scrimmages. Directing the camp will be former Verona Baseball players. Don't miss out on the fun and exciting learning experience this program has to offer.

Enrollment based on the grade child is in now.

<u>Session/Grade:</u>	<u>Days:</u>	<u>Times:</u>
#1 1 & 2	T & Th	9:00—10:00AM
#2 3 & 4	T & Th	10:00—11:00AM

Begins June 26 and runs for 4 weeks.

Will not meet July 4th

Location: Community Park

Cost if registered by 6/2/17: R = \$45 NR = \$60

Add \$10 if registered after 6/2/17

INSTRUCTIONAL SOFTBALL

This comprehensive program for kids in K—8th grade, will focus on teaching the fundamentals of softball, including basic skills, infield/outfield play, hitting, base running, pitching, catching and motivation in all sessions.

Session 1 will introduce and develop the proper mechanics of the skills used in softball in a structured and fun approach. Informal t-ball scrimmages will start after the second week of instruction. The third week, the format will change to approximately one hour of instruction and one hour of scrimmage.

Enrollment based on the grade child is in now.

<u>Session/Grade:</u>	<u>Days:</u>	<u>Times:</u>
#1 K—2	M & W	8:30—10:15AM
#2 3 & 4	M & W	11:15AM—1PM
#3 5 & 6	T & Th	8:30—10:15AM
#4 7 & 8	T & Th	11:15AM—1PM

Pitching and Catching Session

<u>Session/Grade:</u>	<u>Days:</u>	<u>Times:</u>
#5 3—8	M—Th	10:15—11:15AM

Begins June 14 and runs for 7 weeks

Will not meet July 3rd & 4th

Location: VAHS ball diamonds at Country View

Cost if registered by 5/26/17: R=\$75 NR=\$90

Add \$10 if registered after 5/26/17

Instructional sports are a great way to learn basic skills and knowledge of the game!

NFL FLAG FOOTBALL PROGRAM (K—8)



The Verona Recreation Department will run the NFL Flag football program again this fall. Sign up your child based on the grade they will be entering for the 2017/2018 school year. Kids will get an official NFL league jersey. League games will be played on Saturdays, at Community Park. 4-8th grade games will include teams from Fitchburg, Mt. Horeb, Stoughton, Monona, Waunakee and Cross Plains. Additional practices will be scheduled by the coaches on weeknights throughout the season. Coaches are needed so please volunteer to coach your child's team. Program begins with the first practice Saturday, August

12th. Opening Kick-Off Weekend will be Saturday, September 9th, 2017. To celebrate the beginning of a new Flag Football season, games will be starting in the afternoon and run into the evening with the older kids playing under the lights!

<u>Session:</u>	<u>Grades:</u>	<u>Dates:</u>
#1	K—1 Coed	8/13—10/15
#2	2nd Coed	8/13—10/15
#3	3rd Coed	8/13—10/15

Times (1 hour): 9:00AM—3:00PM, game times to vary

Cost if registered by: 7/14/17

Fees: R=\$60 NR=\$75

Add \$10 if registered after 7/14/17

<u>Session:</u>	<u>Grades:</u>	<u>Dates:</u>
#4	4th Coed	8/13—10/29
#5	5th Coed	8/13—10/29
#6	6th Coed	8/13—10/29
#7	7-8 Coed	8/13—10/29

Times (1 hour): 9:00AM—3:00PM, game times to vary

Cost if registered by: 7/14/17

Fees: R=\$65 NR=\$80

Add \$10 if registered after 7/14/17

VERONA ATHLETICS YOUTH ACTIVITIES

VERONA AREA HIGH SCHOOL GIRLS BASKETBALL CAMP (K—10)

The Verona Girls Basketball Program is running summer basketball camps for girls entering grades K-10th that reside in the VASD or intend to do so in the future. Each camp will concentrate on the fundamental skills necessary to become a successful basketball player on both an individual and team basis. The 9th-10th grade camp will focus on the offensive and defensive philosophies on the high school girl's basketball program. In addition to a fun-filled 4 days of basketball with the high school coaching staff and the varsity high school players, campers will receive a camp t-shirt, and 3rd-8th graders will watch the season highlight video, and enjoy an end of camp pizza party! All camps are at the VAHS main gym. Contact varsity coach Angie Murphy at 469-6641 or veronagirlsbasketball@gmail.com with any questions or a scholarship request.

<u>Age Group:</u>	<u>Dates:</u>	<u>Times:</u>	<u>Fee:</u>
K—2nd Grade	6/26—6/29	8:00—9:15AM	\$40
3rd—5th Grade	6/26—6/29	9:30AM—12:30PM	\$90
6th—8th Grade	6/26—6/29	1:00—4:00PM	\$90
9th—10th Grade	6/19—6/22	3:00—5:00PM	\$50*

*For incoming 9th graders, free for 10th graders

Reminder, this is NOT a Verona Recreation Program

To register, please contact Coach Angie Murphy at 608-469-6641 or veronagirlsbasketball@gmail.com

WILDCAT YOUTH FOOTBALL

REGISTRATION: APRIL 1ST—JULY 15TH

The Wildcat Youth Football program is an organization run by parent volunteers which is open to all children entering 4-8 grades within the Verona Area School District. The immediate goals of our program are to: (I) provide each player with the skills and fundamentals to play the game of football. (II) to assure, to as great an extent as possible, a safe environment, both physically and emotionally, in which each player is encouraged to grow at his/her own rate. (III) To teach and model sportsmanship and respect coaches, officials, opponents and each other, as the players learn to enjoy and respect the game.



For more info or to register visit: www.wildcatyouthfootball.com. Or contact Nicole 608-577-7155

Coaches needed, please contact Tony at 608-843-9472

Reminder, this is NOT a Verona Recreation Program

WILDCAT SOCCER CAMPS

These camps are designed to teach individual and team skills in the game of soccer. **For youth camps,** players will learn basic ball skills and tactics of soccer as well as learn to enjoy and love the game. A new skill will be learned each day with games designed to emphasize those skills. **In the Premiere Camps,** individual ball skills will be stressed as well as more advanced tactics of the game. Older players will also learn and prepare for the high school soccer experience. Each day will conclude with competitive small sided matches. Teamwork and Sportsmanship will be a focus during all aspects of all camps. Location: Reddan Park—Goodman Field (turf), VASD Gym in case of bad weather.

<u>Age Group:</u>	<u>Dates:</u>	<u>Times:</u>	<u>Fee:</u>
Coed K-4th Grade	7/17—7/20	10:30AM—12PM	\$55
Girls 5th-8th Grade	7/17—7/20	1:00PM—3:00PM	\$65
Boys 5th-8th Grade	7/17—7/20	1:00PM—3:00PM	\$65

Contacts:

Coach Jennifer Faulkner: (608-845-4162) or email: faulknej@verona.k12.wi.us

Coach Chris Handrick: (608-576-8150) or email: handricc@verona.k12.wi.us

Reminder, this is NOT a Verona Recreation Program



YOUTH ENRICHMENT

ENGINEERING FOR KIDS

In conjunction with Engineering for Kids, we provide children grades Pre-K-5th with fun, hands-on engineering enrichment that encourages team work and creative thinking. Professionally trained instructors will be directing each class. All classes to be held at the Verona Badger Ridge Middle School room 503.

Junior Medieval Defense

Do you have what it takes to defend your castle and maintain your family's honor? If so, then don your armor and draw your sword for The Engineering of Medieval Times. In this program, students build their very own castle and then work to defend it by engineering cannons and catapults. Become a knight and join us on the quest for glory and justice!

Dates: Mondays—May 1, 8, 15, 22

Grades: K—2nd

Time: 5:00—5:45PM

Fees: R = \$75 NR = \$90 **Min/Max:** 8/14

Medieval Mayhem

Here ye! Here ye! His Royal Highness King Kelvin bids you join him on a quest to eternal glory! In Medieval Mayhem, students unite together as a noble house and compete against others to build a kingdom worthy of greatness. Joust your way to honor and battle your way to fame in this amazing adventure full of engaging engineering challenges.

Dates: Mondays—May 1, 8, 15, 22

Grades: 3rd—6th

Time: 6:00—7:15PM

Fees: R = \$90 NR = \$105 **Min/Max:** 10/20

Junior Robotics Adventures

Are you ready for an adventure?! Students will have the opportunity to advance their concepts of robotics engineering by exploring new ways to conquer the sea and air, learning how to build new engineering marvels using LEGO® sets, and discovering new creatures along the way. It will be an experience they will never forget!

Dates: 7/31—8/4

Ages: 5—7

Time: 9:00AM—12:00PM

Fees: R = \$150 NR = \$170 **Min/Max:** 10/20

Junior Minecraft Adventures:

Minecraft Engineering 1 – In Minecraft worlds designed exclusively for Engineering For Kids, students will work as teams and scout out an area to build their own shelters, working together to gather the necessary resources to engineer new structures that will withstand an imminent catastrophe on earth.

Dates: 7/31—8/4

Ages: 5—7

Time: 1:00—4:00PM

Fees: R = \$165 NR = \$185 **Min/Max:** 10/20

Game Design: Ninja Attack!

IMAGINE -- Anything is possible! This summer camp is designed to introduce our engineering students to the awesome world of video game creation in a fun, non-competitive, step-by-step process that will spark their imagination and encourage their critical thinking skills. In our Ninja Attack camp we will create our own version of a Platform game set in a dojo that we will defend from a ninja attack! At the end of the class, everyone takes home a working Windows-compatible game!

Dates: 8/14—8/18

Ages: 8—12

Time: 9:00AM—12PM

Fees: R = \$150 NR = \$170 **Min/Max:** 10/20

3D Printing: Minecraft Creations

3-D printing and Minecraft both represent boundless opportunity for creating even our wildest of ideas! Students will explore the basic concepts of 3-D printing and computer-aided design, or CAD, to bring their most awesome Minecraft creation to life! Students will take their Minecraft design out of the world of Minecraft and learn how to extrude it into a 3-D model that can then be modified to be printed in 3-D

Dates: 8/14—8/18

Ages: 8—12

Time: 1:00—4:00PM

Fees: R = \$150 NR = \$170 **Min/Max:** 10/20



YOUTH DANCE

Classes are offered to give children the opportunity to learn the art and joy of dance, while gaining poise and building self confidence. This is a great way to give your children a taste of dance without having to make a big financial commitment. New this summer, classes will be 4 day sessions held M-Th. Each Dance style will be held in separate weeks. The program will end with a small presentation to culminate the program.

Lyrical/Contemporary: A combination of ballet and jazz technique, and lots of emotion. Students learn how to tell the story of the music through music through movement and emotions, as well as how to breathe life into the choreography.

Hip Hop: A freestyle, high energy dance that is upbeat and fun. Hip Hop dance relies on jazz technique while adding flair and attitude. Students dance to today's popular hip hop and pop music.

Jazz: A dynamic form of dance focusing on rhythm, expression and style. Forms and various styles of American dance are taught concentrating on coordination, isolated rhythmic movements and specific jazz technique.

Musical Theatre: Explore the theatrics of dance through the music from Broadway and musicals. This class focuses on portraying a character through choreography and technique. Students will learn how to act while they dance.

Classical Ballet: The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-out, placement and coordination. A reinforced ballet vocabulary is also emphasized to all students involved in classical ballet training.

The Dance Instructor: Chelsea Moten began teaching dance 10 years ago at a dance studio in La Crosse, WI; specializing in children's Tap, Ballet and Jazz. For 6 years, she taught Ballet and Hip Hop outreach classes at daycare centers and elementary schools. She has been teaching dance here in Verona for the past 4 years. Miss Chelsea was 5 years old when she began dancing. She has studied Ballet, Pointe, Jazz, Tap, Modern and Hip Hop. Miss Chelsea has a passion for dance and is eager to share that passion with her students.

New schedule for sessions this summer! Instead of one day a week, we will be offering 4 day sessions of a specific type of dance. When registering, select a letter for the type of dance and a number for the time and age group. For example, to sign your 4 year old up for Tap, you'd write down F6 in the session # section.

Summer Dance Camps	Time and Age Group
A) Musical Theatre: 6/19—6/22	1) 3:15 – 4:00 PM Ages 3 – 4
B) Jazz: 6/26—6/29	2) 4:05 – 4:50 PM Ages 5 – 6
C) Lyrical/Ballet: 7/17—7/20	3) 5:00 – 6:00 PM Ages 7 – 8
D) Hip Hop/Jazz: 7/24—7/27	4) 6:00 – 7:00 PM Ages 9 – 11
	5) 7:00 – 8:00 PM Ages 12+
E) Ballet: 8/7—8/10	6) 3:00 – 3:45 PM Ages 3 – 4
F) Tap: 8/21—8/24	7) 3:50 – 4:25 PM Ages 5 – 6
	8) 4:30 – 5:30 PM Ages 7 – 10
	9) 5:30 – 6:30 PM Ages 10 +
G) Boys Only Jazz & Hip Hop: 8/14—8/17	10) 4:00 – 5:00 PM Ages 6 – 9
	11) 5:15 – 6:15 PM Ages 10 +

Min/Max: 5/10

All classes will be held at the New Verona Community Theater Building. Classes with low enrollment may be changed to accommodate more popular classes.

Fees:

Ages 3 – 6

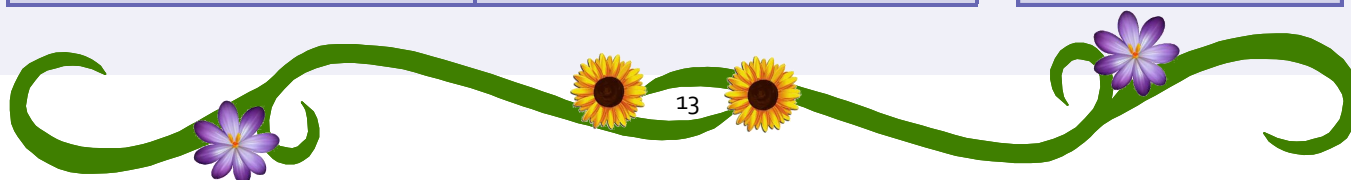
R=\$45 NR=\$60

Ages 7 – 10+

R=\$50 NR=\$65

Registration Deadline

2 weeks prior to start date. Add \$10 after deadline.



YOUTH ENRICHMENT

BORN TO MOVE® YOUTH EXERCISE CLASSES:

BORN TO MOVE® PARENT-CHILD CLASSES:

Born To Move® classes are jam-packed with smiles, laughter, singing, and fun. This class features music specially written for 2-3 year olds to help children learn. You and your child will sing and dance your way through a series of stories using imagination and simple moves that build body awareness. All of our Born To Move® classes are led by licensed teachers who know how to coach the best from each child while inspiring a love of movement! Check out the link to learn more about Born To Move®:

<http://www.lesmills.com/borntomove/>

Session: #1

Day: Wednesday

Dates: 3/8—4/19 (No class 4/12)

Ages: 2—5

Fees: R = \$ 45 NR = \$60

Location: Verona Public Library Community Room

Time: 10:30—11:15AM

Min/Max: 4/12

Session: #2

Day: Tuesday

Dates: 4/26—6/7

Ages: 2—5

Fees: R = \$ 45 NR = \$60

Location: Veterans Park

Time: 10:30—11:15AM

Min/Max: 4/12

Instructor: Jackie Rood has a Bachelor of Science in Kinesiology from UW-Madison and a Master's Degree in Educational Leadership. Her broad fitness experience includes: Teaching Physical Education in the public schools, Teaching Group Fitness and Yoga classes to all ages, as well as Personal Training. Jackie is a National Trainer for Les Mills® and is passionate about teaching others about health & fitness.

BORN TO MOVE® 5-7 YEAR OLD CLASS:

When it comes to learning a whole lot of cool fitness moves; dance, martial arts, games, and yoga, this class is the way to go! Each Born To Move® class is jam-packed with cool music, a foundation of fitness skills, and games your kiddos will love. This class is designed for children to build not only physical skills but self-esteem and confidence! All of our Born To Move® classes are led by licensed teachers with lots of experience working with children. Check out the link to learn more about Born To Move®:

<http://www.lesmills.com/borntomove/>

Session: #1

Day: Tuesday

Dates: 3/7—4/18 (No class 4/11)

Ages: 5—8

Fees: R = \$ 45 NR = \$60

Times: 3:15—4:00PM

Min/Max: 4/25

Location: Glacier Edge Elementary School Gym

Instructor: Jackie Rood

KIDS KAYAKING

Back by popular demand! Spend two fun-filled afternoons learning how to kayak at the Verona Beach. This course, a partnership between the Verona Rec Dept and Rutabaga Outdoor Programs, will teach you kayak strokes and rescues. Come prepared to get wet and play some cool games, like Dead Fish Polo, as you develop your new paddling skills.

Ages: 8 & up

Session 1: 6/27 & 6/29 (Tuesday & Thursday)

Session 2: 8/8 & 8/10 (Tuesday & Thursday)

Time: 1:30—4:30PM

Fees: R = 130 NR = \$150

Min/Max:—6/12

Registration Deadline: Two weeks prior to class

Indicate height and weight on registration form

DON'T FORGET, YOU CAN REGISTER ONLINE!

WWW.CI.VERONA.WI.US/RECREATION

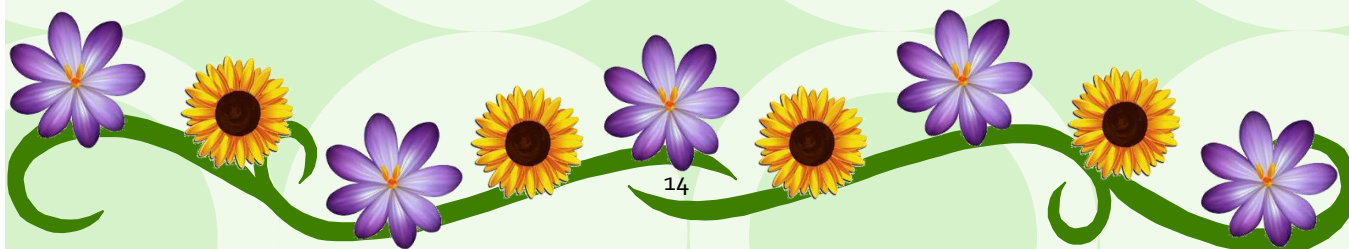
STORY TIME WITH SENIORS

Meet at the Senior Center to have story time with the seniors! You can practice your reading skills and read to the seniors, as well as listen to seniors read to you. Come make some new friends, and enjoy the benefits of reading out loud. (If you are already signed up for a morning Playground Program session, you do not need to sign up online)

Fridays (6/30/17—8/11/17)

10—11:00AM

Fees: R=\$ 1 NR=\$2



YOUTH ENRICHMENT

RHAPSODY CLASSES

Youth music and art classes are available through the Verona Recreation Department and are offered in conjunction with Rhapsody Arts Center. All classes take place at 1031 North Edge Trail. Registration deadlines for each program are once week prior to the class start date. Rhapsody Arts Center staff will make confirmation phone calls one week prior to class start dates to families registered through the Verona Rec Dept. Rhapsody Arts Center is a non-profit community school of the arts. To see their full list of programs, please visit: www.rhapsodyarts.org

Babies Music (3—18mos. with caregiver)

Participating in music enhances bonding between you and your baby while encouraging the discovery of sounds. Watch as your child's natural instincts develop through singing and vocal play.

Instructor: Julie Mazer

Wednesdays 10:00-10:30 am

Session 1: 6/14—7/12

Fees: R=\$70 NR=\$85

Session 2: 7/26—8/23

Min/Max: 3/12

Toddler Tunes (18mos.—3 years with caregiver)

Repetition of familiar tunes, dances, and stories stimulates the toddler's musical learning. By absorbing new melodies and predicting the movements that will accompany them, young children are more easily able to soothe themselves and develop critical listening skills. Come share this time with your toddler while singing and dancing to your favorite songs and learning new ones as well. **Instructor:** Julie Mazer

Wednesdays 10:45-11:30 am

Session 1: 6/14—7/12

Fees: R=\$95 NR=\$110

Session 2: 7/26—8/23

Min/Max: 3/12

Family Music (18 mos.—5years, with caregiver)

Join together for songs, movement, and instrument play. This class is perfect for families with multiple children. Activities will be adapted so that everyone can participate together.

Instructor: Julie Mazer

Wednesdays 9:15-9:45 am

Session 1: 6/14—7/12

Fees: R=\$70 NR=\$85

(total for 2 children, add \$15 each additional child)

Session 2: 7/26—8/23

Min/Max: 3/12

Kids N Keys (4—6 years)

This class engages children in singing folk songs, learning to play simple instruments, and introduces them to reading and writing simple music notation all within the process of developing basic keyboard skills. Kids N Keys is excellent preparation for private piano lessons or our beginning piano class.

Instructor: TBA *Sessions are not cumulative

Mondays 4:00-4:45 pm

Fees: R=\$115 NR=\$125

Session 1: 6/12—7/10

Min/Max: 3/4

Session 2: 7/24—8/21

Little Voices (4—6years)

Young singers come together and experience their first group singing class in Little Voices. This class introduces music notation and beginning singing techniques through vocal play and music games. Students will put on a small presentation for family and friends on the last day of class.

Instructor: Emily Worzalla

*Sessions are not cumulative

Thursdays 10:00-10:30 am

Session 1: 6/15—7/13

Fees: R \$110 NR=\$130

Session 2: 7/27—8/24

Min/Max: 3/10

Beginning Piano (6—8 years and 9—11 years)

Rhapsody's beginning piano class is ideal for the student with an interest in the piano and the parent with reservations about their child's commitment to study. No experience needed—we start with the basics! Class is limited to four students. *Students must have access to a piano at home for daily practice.*

Instructor: Amber Bruns

*Sessions are not cumulative

6-8 yrs: Tuesdays 4-4:45 pm

Session 1: 6/13—7/18 (no class 7/4)

Session 2: 7/25—8/22

9-11 yrs: Tuesdays 5-5:45 pm

Session 1: 6/13—7/18 (no class 7/4)

Session 2: 7/25—8/22

Fees: R=\$120 NR=\$140

Min/Max: 3/4

Kids & Teens Musical Theatre (6—8 years and 12—14 years)

We'll focus on learning three contrasting Broadway/movie songs* with simple choreography. Along the way, we'll learn healthy vocal technique and have some fun with music/theatre games. An informal performance for family and friends will be held on the last day of class. Some memorizing will be done at home (recordings provided).

*Including opportunities for those interested in singing solos.

Instructor: Emily Worzalla

6-8 yrs: M—F 1:00-2:00 pm

7/17—7/21

12-14 yrs: M—F 2:15-3:15 pm

7/17—7/21

Fees: R=\$120 NR=\$140

Min/Max: 3/12

Keyboard Connections Beginning Piano (Senior Adults)

Learn to play piano in a welcoming and warm group setting. After 8 classes, enjoy participating in a culminating event for classmates, friends and family. Lesson materials are included. An intermediate class will be offered for those who are interested in continuing.

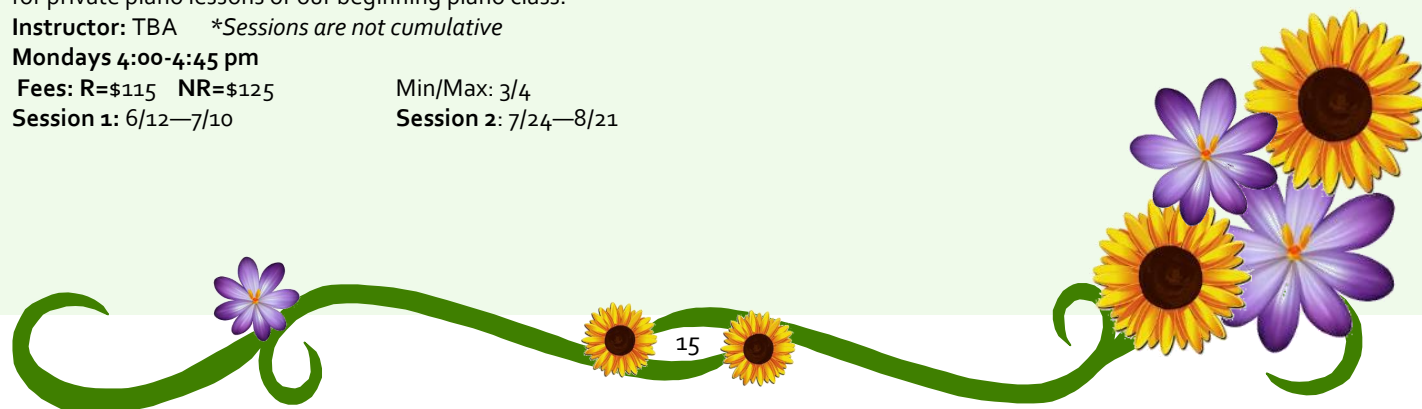
Instructor: Kim Weiss

Tuesdays 2:00 pm-2:45 pm

Session 1: 3/7—5/9, no class 3/25

Fees: R=\$130 NR=\$150

Min/Max: 3/6





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YOUTH ACTIVITIES

JNJ CRAFTWORKS CLASSES

OUTDOOR PHOTOGRAPHY 101

This is the perfect photography course for anyone brand new to photography. Learning a new skill like photography is fun, satisfying, confidence building, and allows you to see the world through a new perspective. This outdoor based class is ideal for kids wanting to learn about photography in an exciting way. This class will teach you the basic concepts like Rules of Composition, Motion, Lighting, Focus, Perspective, Color and Texture. A digital camera is recommended, but you can bring any camera or smart phone.

Session 1: 5/20/17, 2—3 PM (ages 8–12)

Session 2: 5/20/17, 3:30—4:30 PM (ages 13–18)

Fees: R=\$18 NR=\$25

ESSENTIAL OIL WORKSHOP: BUG FREE SUMMER

The bugs down south don't take much of a break for winter. Our early springs have them awake and multiplying before you can say "essential oil bug repellent!" At JNJ Craftworks, we have planned a fun workshop to making Toxin free bug repellent. Each participant can make one roll-on bottle bug repellent.

Session 1: 3/31/17, 10:30 AM—12:30 PM (ages 4—17)

Fees: R=\$12 NR=\$17

LARGE BASKET WEAVING

Join instructor Victoria to learn how to weave a large basket. This workshop is fun and informative. Participants will learn to weave and complete one large size basket to take home.

Session 1: 2/18/17, 3:00—5:30 PM (ages 12+)

Session 2: 3/11/17, 12:30—3:00 PM (ages 12+)

Session 3: 4/29/17, 1:00—3:30 PM (ages 12+)

Fees: R=\$30 NR=\$45

SMALL BASKET WEAVING

Join instructor Victoria to learn how to weave a small basket. This workshop is fun and informative. Participants will learn to weave and complete one small size basket to take home.

Session 1: 2/18/17, 1:30—3:00 PM (ages 7+)

Session 2: 3/11/17, 10:30—12:00 PM (ages 7+)

Session 3: 4/29/17, 4:00—5:30 PM (ages 7+)

Fees: R=\$16 NR=\$23

MOTHER'S DAY CRAFT: WET FELTING

Wet felt flowers are an easy way to begin making 3D felted projects, as they are small and easy to handle and limited only by your own imagination. Felt flowers are very versatile and once you have made a few, you can use them on hair clips, to decorate clothing, presents or as a brooch. Come and learn the traditional way of felting. Our instructor will guide you to make one felt flower using wool, hot water and soap. Great option for family fun time!

Session 1: 5/13/17, 1:00—2:00 PM (ages 3+)

Fees: R=\$16 NR=\$23

ESSENTIAL OIL WORKSHOP: STRESS AWAY

Stress Away oil blend helps induce relaxation, reduce tension and ease stress. This family friendly class is a drop in class, but registration is required. Includes all materials and personal instruction. Additional roller-balls may be purchased for \$7 each.

Session 1: 2/24/17, 10:30—11:30 AM

Fees: R=\$12 NR=\$17

DOLL & ME FASHION SHOW—FREE

Welcome all!

Wear your favorite party outfit and bring your favorite doll (15" or 18") to store. Try our ultimate selections of doll clothes and accessories and walk the runway.

It's sure to be a fun filled family event! RSVP required

Session 1: 3/25/17, 1:00—3:00 PM

SOAP FELTING WORKSHOP

Felting soap is a fun way to decorate your bar soap with colorful designs. It's like a soap and wash cloth in one and lasts a lot longer than your average bar of soap. This bar of soap will be paired with wool, which is naturally anti-microbial.

When you come in for the class, you get to choose your base soap from any of our handcrafted organic bar soaps and choose from our colorful wool. You'll then learn how to properly prepare, wrap, wet felt and needle felt your soap. You'll leave the class with your own bar of felted soap and a few tips and trick on felting soap at home.

Wear clothes that can get wet!

We need minimum 10 participants for this class.

Session 1: 6/17/17, 3:00—4:00PM

Fees: R=\$17 NR=\$23, additional soap \$7 each

All JNJ Craftworks classes held at 1051 North Edge Trail

BIKING BEEBOPPERS

Hey Tweens! Explore Verona, and the surrounding area, on your bike with friends! Meet your counselors at Veterans Park in Verona, and then bike to various locations. With the Military Ridge Trail running through the heart of Verona, this is a great way to enjoy the outdoors and stay active this summer.

You must have a bike and helmet to participate.

Ages: 11-15

Session 1: Thursdays 6/29—8/3

Time: 12:30—4:30PM

Location: Veterans Park

Fees: R = \$100 NR = \$120

Min/Max: 4/20



ADULT ACTIVITIES

INSTRUCTIONAL TENNIS

If you enjoy tennis and are interested in learning more about the basics of tennis, this program is for you! This program is for beginner and intermediate tennis enthusiasts. Instructional tennis will cover the fundamentals of the forehand, backhand, serve, scoring and rules. Lessons will be held at the VAHS Tennis Courts. Come on out and play!

Session: **Day:** **Time:** **Dates:**
#1 Adult T & Th 6—7PM 6/20/17—7/28/17

Will not meet July 4th

Fees: R = \$54 NR = \$69

ADULT SOFTBALL LEAGUES

For information on and of our Adult Softball Leagues, contact the appropriate commissioner listed below:

Coed Slow-Pitch: Mon nights, Jill Dudley, 712-2436

Men's Fast-Pitch: Tues night

Over 35 Slow-Pitch: Thurs night, Dave Zurbuchen, 220-7077

Men's Slow-Pitch: Thurs night, Terry King, 249-8201

CIRCUIT TRAINING

Circuit Training is a great total body workout incorporating weights and cardiovascular movement. Each station is performed for a set time period. We alternate a cardio movement with a weight bearing activity. Class includes an active warm-up, 50 (morning sessions: 40 minutes) minutes of circuit training, and a cool down stretch. Class is adjustable to any fitness level and takes place in the Verona High School Weight Room.

Session: **Day:** **Time:** **Dates:**
#1 Monday 7:00PM 4/3/17—5/22/17
#2 Tuesday 5:30AM 4/4/17—5/23/17
#3 Thursday 5:30AM 4/6/17—5/25/17

Fees: R = \$40 NR = \$55 **Min/Max:** 8/30

WALK/RUN CLUB

Kick off Spring by joining us for a walk/run or combo of both around the neighborhoods of Verona. Warmup 5 minutes, walk 1 minute - run 4 minutes for 35-40 minutes, core strength 5 minutes, stretch 5 minutes. Wear comfortable clothes, good running shoes, and bring a yoga mat or towel and water. Meet at the high school PAC entrance.

Instructor: Laurie Tackett **Min/Max:** 5/15

Session: **Day:** **Time:** **Dates:**
#1 Wednesday 5:30AM 4/5/17—5/24/17

Fees: R = \$40 NR = \$55

For all exercise classes, please register one week prior to the start date. Add \$10 to cost of class if registered within a week of the start of the class.

TABATA ON THE TRACK

Challenge yourself to a new workout! Tabata features 20 second strength activity/10 seconds rest for 4—8 sets. Class structure: warm up, Tabata interval, walk 1/4 of the track, repeat, Tabata interval, twice around track. Stretch. Required: water, large towel or yoga mat. Meet at the VAHS track.

Instructor: Laurie Tackett

Session: **Day:** **Time:** **Dates:**
#1 Tuesday 6:15PM 4/4/17—5/23/17
#2 Tuesday 6:15PM 6/6/17—6/27/17

Fees: #1 R = \$40 NR = \$55 **Min/Max:** 5/15

Fees: #2 R = \$20 NR = \$35

YOGA

This class is made for all fitness levels and focuses on vinyasa flow mixing in some yin and restorative poses. Cassie hopes that you will find yourself inspired and also notice enhanced flexibility, strength and less stress with each class.

Location: Badger Ridge Aux Gym

Instructor: Cassie Slaby

Cassie has been practicing yoga for 3 years. She received her 200 hour certification through Dragonfly Hot yoga.

Session: **Time:** **Day:** **Dates:**
#1 6:00—6:45PM Wednesday 4/19/17—5/24/17
#2* 6:00—6:45PM Wednesday 6/7/17—6/28/17
#3 6:00—6:45PM Wednesday 7/12/17—8/16/17
#4 6:00—6:45PM Wednesday 8/30/17—10/4/17

Slow Flow Yoga:

Slow flow is practiced by using a slow steady breath, holding postures longer, transitioning smoothly, gently and mindfully with the ability to move deeper into one's body and self.

This class is for all levels and recommended for beginners or yogis who would like to work on deepening there poses from holding longer and working on proper alignment. Slow flow is not to be thought of as easy. You will challenge your muscles with long holds and test your limits mind, body and soul.

Session: **Time:** **Day:** **Dates:**
#1 7-7:45 PM Wednesday 4/19/17—5/24/17
#2* 7-7:45 PM Wednesday 6/7/17—6/28/17
#3 7-7:45 PM Wednesday 7/12/17—8/16/17
#4 7-7:45 PM Wednesday 8/30/17—10/4/17

Fees: R = \$30 NR = \$45 **Min/Max:** 8/30

*Both sessions #2, subtract \$10. Only 4 weeks.

ADULT ACTIVITIES

CRAFTING WITH KEELEY

Hi Crafters! My name is Keeley Kirwan, and I am an Independent Consultant and Director with Close To My Heart here in Verona, WI. CTMH is a direct sales company that has been around for more than 30 years and offers a wide array of paper crafting products, with special emphasis on scrapbooking and stamping. I have been scrapbooking and card making for 15+ years and been a consultant for the last 8. I joined for the discount on all the great products and love to share my passion with others! It doesn't matter if you are new to paper crafting or a veteran. I want to help you celebrate relationships through discovering your creativity, to preserve and share the moments that matter most! I look forward to crafting with you!

MINI MEMORY ALBUM CARD WORKSHOP

Have pictures on your phone you want to share? Create the perfect brag book with a Close To My Heart mini album, or make one to give as a gift! The albums will be complete with bold designs, overlays and lots of fun! Create a 4"x4" mini album complete with page protectors, printed cards, overlays, even gold foil designs!

Everything will be pre-cut and ready for you when you come to class. You will need to bring adhesive tape runner, scissors, and micro-dot glue dots (necessary for the overlays). Supplies will be available on-hand if you need them.

Date: Monday, 2/20/17
Time: 4:00—8:00PM
Fees: R = \$25 NR = \$35

HOP INTO SPRING CARD WORKSHOP

Enjoy a crafty time creating Spring/Easter cards using Close To My Heart paper crafting products. Create 5 fun cards or projects to keep or share with friends and family to bring a smile to their face!

Everything will be pre-cut and ready for you when you come to class. You will need to bring adhesive tape runner, scissors, and micro-dot glue dots (necessary for the overlays). Supplies will be available on-hand if you need them.

Date: Monday, 3/20/17
Time: 4:00—8:00PM
Fees: R = \$15 NR = \$22

BLING WORKSHOP

Put your creativity on display! Design your own fashionable necklace and key ring using Close To My Heart Base & Bling. Select stickers, or go with spunky plaids, watercolor sheets, gold foil designs and more! You'll make gorgeous pieces come to life! When friends ask where you bought these beautiful pieces you'll be proud to say you made it!

Everything will be pre-cut and ready for you when you come to class. You will need to bring adhesive tape runner, scissors, and micro-dot glue dots (necessary for the overlays). Supplies will be available on-hand if you need them.

Date: Monday, 4/24/17
Time: 4:00—8:00PM
Fees: R = \$25 NR = \$35

Do you have a high school or college age child looking for a summer job? The Rec Department has many job opportunities during the summer months! Sports officials, youth supervisors, lifeguards, sports instructors and concessions workers are all needed.

Contact Casey at casey.dudley@ci.verona.wi.us or
Ali at ali.tackett@ci.verona.wi.us for an application

SPECIAL THANKS!

The Verona Recreation Department would like to thank all of the volunteer coaches who have made our programs so successful! Without your efforts and dedication, the programs would not happen! The Recreation Department and your kids thank you. The Rec. Dept. would also like to give a special thanks to the Verona Parks Department staff for their help and support year in and year out! We would also like to thank the mowing division for all the grass they cut!



FAMILY ACTIVITIES

FIREMAN'S PARK BEACH

On those hot summer days, come and enjoy the sun and play in the water at the Verona Beach! The City of Verona offers outdoor swimming at Fireman's Park in the summer. The season runs from June 12—August 25. Come and enjoy the two water slides, one for the older kids and adults, and one for the younger kids to enjoy. The beach is staffed with certified lifeguards from 12:00PM—6:00/7:00PM, and has picnic tables, a beach house with changing rooms and concessions available for your convenience. Hours may be adjusted periodically due to weather or other circumstances. Children under the age of 8 must be supervised at all times by a responsible person 15 years of age or older.

Floatation devices of any kind are not allowed. This year, you can pay for a season pass online at www.activityreg.com and you can pick up your pass at the beach. Season passes can also be purchased at the beach during open hours. The park offers great shore fishing for bluegill and bass with two piers available to fish off. There is no fishing in the swimming area while the beach is open. Join us for the 17th Annual Beach Bash on Wednesday, August 2nd, 4:00—7:00PM. Come and enjoy games, free food, prizes and music.



SEASON MEMBERSHIP RATES—2017

VERONA RESIDENTS	NON-RESIDENTS	COMBO BEACH/NATATORIUM MEMBERSHIP
\$35 Youth	\$60 Youth	\$60 Adult
\$50 Adult	\$75 Adult	\$110 Family
\$90 Family	\$140 Family	(Available to City of Verona Residents Only)

2017 BEACH HOURS

June 12—June 23	12:00—6:00PM
June 24—August 6	12:00—7:00PM
August 7—August 25	12:00—6:00PM
June 23—August 11	(Fridays) Opening at 9:00AM

DAILY FEES

YOUTH

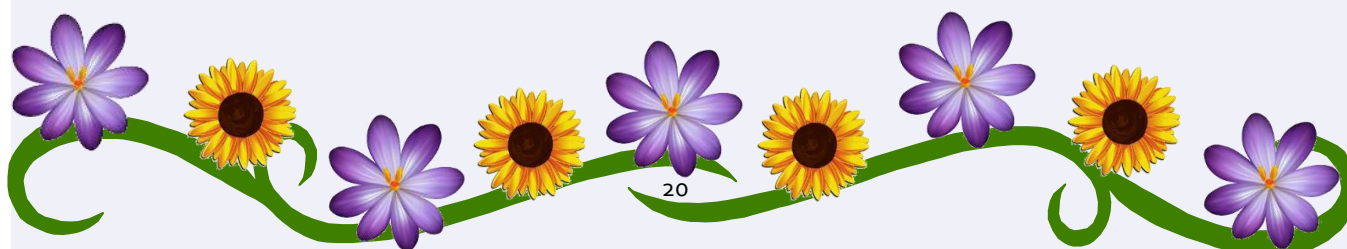
ADULT

Resident	\$2.00	\$3.00
Non-Resident	\$4.00	\$5.00
<i>Residents refer to people who reside inside the City of Verona</i>		

DISCOUNT TICKETS

In cooperation with the Wisconsin Park and Recreation Association, we are providing discount tickets to several attractions. Tickets will be available May 1—August 29 during normal business hours 8:00AM—4:30PM. Quantities are limited, don't delay!

ATTRACTION	YOUR PRICE	GATE PRICE	CHILDREN
Noah's Ark	\$27	\$41.62	Children under 37" are free
Great America—ANY Day	\$49	\$75.18	Children under 3 are free
Great America WPRA Week (July 2—10 ONLY)	\$37	\$75.18	Children under 3 are free
Milwaukee County Zoo	Adult: \$11 Child: \$9	Adult: \$14.25 Child: \$11.25	Children under 3 are free



FAMILY ACTIVITIES

PARK SHELTERS

The City of Verona has seven different park shelters (Harriet, Festival, Fireman's, Veterans, Community, Tollefson and Hometown Junction) that can be rented for family gatherings, parties and special occasions. Parks can be reserved in person or online at www.ci.verona.wi.us. Rental fee is \$40/50 people for residents of the City of Verona and \$60/50 people for non-residents of the City of Verona. Private individuals can once again sign up online at www.ci.verona.wi.us. Those reserving on behalf of an organization should call 608-845-6695 for more information.

Harriet Park: shelter, bathrooms, playgrounds, basketball court, tennis courts, street parking

Festival Park: large shelter, bathrooms, parking lot at City Hall

Fireman's Park: swim area, shelter, bathrooms, playground, soccer fields, parking lot

Veterans Park: shelter, bathrooms, playground, baseball diamonds, soccer fields, tennis courts, basketball court, parking lot

Community Park: shelter, bathrooms, playground, baseball diamonds, skate park, parking lot

Tollefson Park: shelter, bathrooms, playgrounds, kickball field, tennis courts, basketball court, street parking

Hometown Junction: shelter, bathrooms, along Military Ridge State Trail, parking lot



LEARN TO TURKEY HUNT

The Deer Creek Sportsman's Club will be sponsoring a spring learn to turkey hunt in cooperation with the Wisconsin Department of Natural Resources and the National Wild Turkey Federation. This event is for those interested in learning turkey hunting skills, but who've yet to experience the thrill of a real turkey hunt. Come learn turkey hunting methods including turkey biology, calling, decoy use, and safe hunting practices. The course includes a four hour classroom portion where participants will learn turkey hunting techniques and have an opportunity to sight in and familiarize themselves with a shotgun for the hunt. Participants will then go in the field for an actual turkey hunt the following weekend. Novices who have not previously purchased a turkey hunting license are welcome to participate. Families are also welcome! No hunter education or special equipment is required. Camouflage clothing is helpful but not necessary. Firearms can be provided upon request. Participation is limited and will be on a first come basis. If you have five years of turkey hunting experience and wish to become a mentor for the program, please contact Ray Gilden.

Cost: Free **Contact:** Ray Gilden 608-832-6261

Dates: April 1, 2017 1:00.- 5:00 PM (classroom)
April 15-16, 2017 hunting in the field (times will vary)

Location: Deer Creek Sportsman Club 8475 Miller Road, Verona, WI 53593

ART CART EXTRA

Art Cart Extra is back in Verona again this year! This program will be here July 29th from 2—4 PM at Veterans Park. Art Cart Extra provides **FREE** outdoor art-making experiences for kids and their families and is a program of the Madison Museum of Contemporary Art. Art Cart Extra carries portable art projects to parks in twelve Dane County communities. Individual and group art projects are planned for kids ages 3 through 8. Older kids are welcome too; all kids must be accompanied by a supervising adult. Activities are led by experienced art teachers.

Day:

Saturday

Age:

3—8

Times:

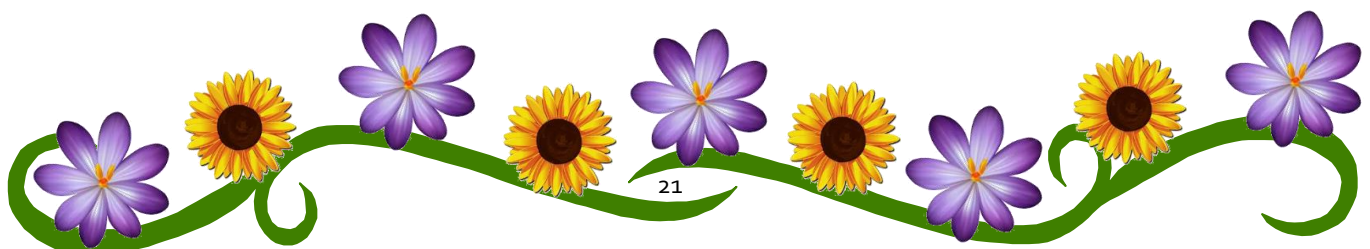
2:00—4:00PM

Location:

Veterans Park

Date:

July 29th



Program Registration Form
Verona Recreation Department
410 Investment Ct. Verona, WI 53593

For Office use only

Check # _____

Date _____

Last Name: _____ Address: _____ School: _____

City: _____ Zip: _____ Home Phone: _____

Mother's Name: _____ Cell Phone: _____ Email Address: _____

Father's Name: _____ Cell Phone: _____ Email Address: _____

Has any of your contact information has changed? Yes No

Program Name	Session	First Name/Gender	Birth Date	Grade (16-17 school year)	T-shirt size (YS, YM, YL, AS, AM, AL)	*Friend Request 1 per registrant	Fee
EX. Playground	#1	Allison/Girl	6/04/03	6	AS	Amber Jennings	\$140

*Requests are for team sports only. Requested individual must request you.

TOTAL FEE PAID: \$ _____

Requests are not guaranteed, but we will do our best to grant them if it is at all possible.

Youth Sport Player Assessment

Height _____ Weight _____ Speed (Fast/Average/slow) Skill (Good/Average/Below) Experience _____

VOLUNTEER COACH? Yes I would like to coach my son/daughter's team in this activity: _____
(Circle)

Name: _____ Day Phone: _____ Email: _____ Shirt Size: M L XL XXL

PLEASE READ THE FOLLOWING AND SIGN

"We the undersigned, hereby acknowledge that we are familiar with the risk and dangers inherent in recreational activities. We hereby grant permission for the undersigned child/ward to participate in such activity. We agree to hold the City of Verona, its officers, agents, and employees, both individually and in his or her official capacity, harmless from any liability for injury or damage to person or property as a result of the undersigned's participation in said activity(ies). We further agree that the person supervising the activity may, without further permission, take whatever step he or she deems necessary in case of injury. Which may include, obtaining emergency medical or dental care and to hold the City of Verona, its officers, agents, and employees harmless from liability in connection therewith as above specified."

PARENT/GUARDIAN SIGNATURE

DATE

As a Parent and Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Athlete Agreement: I _____ have read the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents or guardian. I understand that I must be removed from practice or play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature _____ Date _____

Parent Agreement: I _____ have read the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature _____ Date _____

ASSUME YOU ARE REGISTERED IN ALL THE PROGRAMS YOU HAVE SIGNED UP FOR.

THE VERONA RECREATION DEPARTMENT WILL ONLY NOTIFY YOU IF A PROGRAM IS FULL OR CANCELLED.

Rec Dept Survey

1) Including yourself, how many people live within your household? _____

2) How many children in each age group currently live in your household?

Ages: (indicate total number in each age category)

1-3 _____

10-12 _____

4-6 _____

13-15 _____

7-9 _____

16-18 _____

3) What programs offered by the Verona Recreation Department have you or anyone in your household participated in?
Programs: (please check each program that someone within your household has participated in)

Youth Dance: _____

Baseball Instruction: _____

Youth Soccer: _____

Adult Volleyball: _____

Youth Flag Football _____

Adult Basketball: _____

Youth Baseball: _____

Golf Instruction: _____

Youth Basketball _____

Tennis Instruction: _____

Playground Program: _____

Softball Instruction: _____

Verona Beach: _____

Other: _____

4) Does online registration benefit your family? YES NO

5) Are you satisfied with the quality of the programs you have participated in?
YES NO

6) Are you satisfied with the type of programs offered through the City of Verona Recreation Department?
YES NO

7) What improvements would you like to see in the programs offered by the City of Verona Recreation Department?

8) What type of programs or classes would you like to see offered by the City of Verona Recreation Department?

Please email additional comments or concerns to casey.dudley@ci.verona.wi.us or ali.tackett@ci.verona.wi.us

THE INCREDIBLE SUMMER ADVENTURE!



VERONA'S CAMP WILDCAT

- Join us each week for a different adventure
- Aquatics, Friday field trips, camp festivals and more!
- Dedicated and caring staff
- Small group work/activities
- Opportunities to explore and discover new interests
- Camp is located at Sugar Creek Elementary School
- Ages 5-11 (entering grades K-5)
- Camp hours 7:30 a.m.-5:45 p.m.
- Visit our website for more information

SUMMER SCHOOL OPTION

July 5-29 | Students can join in on camp activities before and after their summer school day. Transportation between locations is provided by the school district.

• MIDDLE SCHOOL U. •

Based in Madison
Explore your interests &
develop your passions

• WANDER WISCONSIN •

Based in Madison
Travel clubs: outdoor adventures

• IMMERSION CAMPS •

Based in Madison
Circus, theater, language



JOIN US FOR UP TO TEN WEEKS!

Registration begins in March 2017

www.wisconsinyouthcompany.org

Summer Adventures
Above and Below Ground!

CAMP BRIGHAM

HALF DAY - FULL DAY - WEEKLONG
Day Camps for Ages 5-12 & NEW Teen Camp!



at
CAVE OF THE MOUNDS.
National Natural Landmark

Verona Shuttle Bus Stop
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TOURS
DAILY

608.437.3038

groups@caveofthemounds.com

www.caveofthemounds.com



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PLEASE
DOWNLOAD
REGISTRATION
FORM FROM
THE WEBSITE

2017 REGISTRATION STARTS FEBRUARY 1ST

Verona Little League (VLL) registration opens February 1st and closes on March 1st. The VLL newsletter is available on the website, and there are hard copies at the Verona and Fitchburg public libraries, as well as Miller & Sons.

Visit veronalittleleague.org for more information

GO
WILDCATS!



**Interested in enhancing your soccer skills?
Verona Area Soccer Club is the place for YOU!**

- Ages 6-17 years old
- Skills Development Clinics
- Summer Camps
- Excellent Coaching



Contact Us!

(608) 848-7616

admin@veronasoccer.org

www.veronasoccer.org

**Spring Registration
NOW OPEN!**

Contact us:

VeronaLacrosseClub@gmail.com



Register Online:
www.veronalacrosse.com

Experience the fastest game on two feet!



Boys & Girls Grades 2nd - 12th

NEW PLAYERS WELCOME!

- *February Kickoff Meetings Scheduled
- *Free Open Gym Practices Jan—Mar (details on website)
- *Season Runs March—June 2017

VERONA AREA GIRLS SOFTBALL ASSOCIATION

VAGSA is a non-profit organization committed to providing opportunities for recreational, competitive, and tournament softball to all girls in the Verona area ages 5-18. The program encourages the development of solid fundamentals through age & skill appropriate leagues and camps administered by experienced former players and coaches. We offer three levels of softball opportunities including recreational leagues, competitive leagues, & traveling tournament teams (Cougars). Our program affords both experienced players and athletes new to softball a fun & safe environment to experience the game and build new friendships along the way. In conjunction with the Verona Rec Dept we offer an Instructional Softball program that runs throughout the summer. Players are encouraged to participate in both league play and the instructional program.

Preseason Warm-Up Clinic: Preseason Warm-Up Clinic for any players wishing to "brush-up" their skills before the summer begins!

Cost: \$25 advance/\$30 door **Where:** VAHS Main Gym

When: April 9

Skill Evaluation: Skill evaluation determines player placement on recreational and competitive teams for the summer league season.

Where: VAHS Main Gym

When: April 23

PROGRAMS & FEES (Grade refers to the current 2016/17 grade):

Registration Fees	District*	Non-District*
3rd - 4th Grade Girls League	\$100	\$120
5th - 12th Grade Girls League	\$125	\$145
Competitive League (additional fee)	District*	Non-District*
10U Birth-years 2005-2008	\$75	\$75
12U-18U Birth-years 1999-2004	\$50	\$50

(Competitive leaguers will be age based)

*Verona Area School District and subject to a \$25 cancelation fee.

For registration materials and more information, visit our website:

www.vagsa.org. Invite your friends! Playing softball is a great way to spend time outside, be active and make new friends.

VERONA PUBLIC LIBRARY

500 Silent Street, Verona, WI 53593 • Phone:
608.845.7180 • www.veronapubliclibrary.org • vppl@ci.verona.wi.us
Monday—Thursday 9AM—9PM • Friday 9AM—5PM • Saturday 9AM—4PM

YOUR PUBLIC LIBRARY PROVIDES: Books, Magazines & Newspapers, Audio Books, Large Print Books, DVD's & Blu-rays, Music CD's, Video Games, Internet & High Speed Wireless, Computer Lab, Laptops for Checkout, Copier & Scanner, Fax Service, Meeting Rooms, Local History Collection, Exam Proctoring, Computer Classes, Children's Story Times, Teen Events, Computer Classes, Adult Events, Research Assistance, and Volunteer Opportunities.



Youth Events

Summer reading program registration begins **June 1**.

Summer reading program kick-off event on **June 10**

Come to the Verona Public Library for six weeks of fun for kids and teens, **June 12 - July 21**. Performances - including the Truly Remarkable Loon - arts and crafts, story times, and more!

Adult Events

Adult Coloring Club

Monday, February 20, 6:30 – 8:30 p.m.

Are you an adult who likes to color? Then join us for our Adult Coloring Club. We provide the colored pencils and coloring pages, or you can bring your own. Stop in, get creative, relax, and have fun!

Active Shooter Training and Education

Monday, February 27, 6:30 - 8 p.m.

Verona Police Officer Ryan Adkins and Dane County Deputy Joselyn Longley will provide training as well as education about active shooters and workplace violence. You will leave empowered to take action and survive.

PowerPoint Basics

Tuesday, February 28, 6:30 - 8:30 p.m.

Use Microsoft PowerPoint to create a basic slide presentation. Computer training will be provided by John Harris from Harris Multimedia & Computers. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 12 participants

Home-Building 101

Tuesday, March 7, 6:30 - 8:30 p.m.

Thinking about building a house? Learn about new-home construction from the pros. Fred Siegenthaler, senior real estate specialist at Restaino & Associates, will discuss the joys and challenges of new construction. Tom Wellman of River Valley Bank will discuss new-home construction loans and mortgage financing.

Senior Case Management Outreach

Monday, March 13, Drop in between 1 – 2 p.m.

Becky Losby, case manager at the Verona Senior Center, will answer questions and provide resources for you or your aging loved one. She'll have information on Medicare, homecare, housing assistance, financial resources, and more. Contact Becky at 845-7471 with questions.

Introduction to Microsoft Excel

Monday, March 13, 6:30 - 8:30 p.m.

Create and revise a Microsoft Excel worksheet that includes formulas and functions. Format and sort data, and create charts. Computer training will be provided by John Harris from Harris Multimedia & Computers. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 12 participants.

Discover the Power of Trust

Wednesday, March 15, 7 - 8 p.m.

Trust forms the foundation for communication and success. Roger Wolkoff, owner of All About Authenticity and professional speaker, will discuss a model of trust based on vulnerability, empathy, and transparency that you can use to become more efficient and fulfilled in your work and personal life.

Pakistani Cooking Class

Saturday, March 18, 11 a.m. – 12:30 p.m.

Curious to learn about the flavors of Pakistan? Join cookbook author and founder of White Jasmine Huma Siddiqui for a demonstration featuring tandoori meatballs, cumin basmati rice, and a refreshing salad. Enjoy a tasting of all the food prepared. White Jasmine brings the flavors of Pakistan to Dane County through its unique spices and cheeses, recipes, cooking classes, and television show "White Jasmine Everyday Cooking". Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 30 participants.



VERONA PUBLIC LIBRARY

Adult Coloring Club

Monday, March 20, 6:30 – 8:30 p.m.

Are you an adult who likes to color? Then join us for our Adult Coloring Club. We provide the colored pencils and coloring pages, or you can bring your own. Stop in, get creative, relax, and have fun!

Intermediate Microsoft Excel

Monday, March 27, 6:30 - 8:30 p.m.

Build on the skills learned in Introduction to Microsoft Excel. Computer training will be provided by John Harris from Harris Multimedia & Computers. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 12 participants.

Understanding Race and Criminal Justice in Wisconsin

Tuesday, March 28, 7 – 8 p.m.

Pamela Oliver, Ph.D., a Conway-Bascom Professor of Sociology at the University of Wisconsin-Madison, will discuss trends in Wisconsin imprisonments and arrests. She will also discuss how our state stacks up with the rest of the country. This event is made possible with support from Beyond the Page, the National Endowment for the Humanities, and Madison Community Foundation.

Google Docs and Google Sheets

Wednesday, April 5, 6:30 – 8:30 p.m.

Learn to create and format text documents and collaborate with other people in real time with Google Docs. Also, learn to use the powerful tools in Google Sheets for organizing, visualizing, and calculating your data. Computer training will be provided by John Harris from Harris Multimedia & Computers. Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 12 participants.

Senior Case Management Outreach

Monday, April 10, Drop in between 1 – 2 p.m.

Becky Losby, case manager at the Verona Senior Center, will answer questions and provide resources for you or your aging loved one. She'll have information on Medicare, homecare, housing assistance, financial resources, and more. Contact Becky at 845-7471 with questions.

Adult Coloring Club

Monday, April 17, 6:30 – 8:30 p.m.

Are you an adult who likes to color? Then join us for our Adult Coloring Club. We provide the colored pencils and coloring pages, or you can bring your own. Stop in, get creative, relax, and have fun!

Getting to Know Medicare

Tuesday, April 25, 6:30 - 8 p.m.

Whether you're planning to enroll in Medicare or have had it for years, most people have questions. Plus, changes occur regularly. Have your questions answered by Jesse Grutz of the Retirement Classroom.

Healthy Habits for a Healthier You

Wednesday, June 7, 7 – 8 p.m.

The Alzheimer's Association will discuss the benefits of a wholesome diet, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Adult Summer Reading Program

June 12 – July 21

Summertime is reading time! Participate in the Adult Summer Reading Program and win prizes.

Insurance for Your Business

Monday, June 19, 6 - 7:30 p.m.

Protect your business with the correct type of insurance. Learn why you need insurance, what each type covers, and where to buy it. Presented in partnership with the Wisconsin Women's Business Initiative Corporation. Registration required. Call 608-257-5450.

What's It Worth? Antique & Collectibles Appraisal Event

Saturday, July 15, 10 a.m. - 1 p.m.

Bring in your treasures, and find out what those family heirlooms are worth. Author and antiques expert Mark F. Moran (markfmoran.com) will be available to appraise objects. Registration required. Limited to 40 participants and one object per person. Register online at veronapubliclibrary.org or call 845-7180. A list of categories of objects acceptable for appraisal is available at the library.

Adult Book Club

Book selections will be discussed on the dates listed below. Copies of the books are available for checkout at the service desk.

Books 'N Booze

Books 'N Booze book club meets the third Thursday of each month at 6:00 p.m. at the Draft House in Verona. "We don't urge readers to drink, we urge drinkers to read."

March 16 – *The Family Romanov* by Candance Fleming.

Meeting at Sugar River Pizza in March.

April 20 – *Hyperbole and a Half* by Allie Brosh

May 18 – *A Visit from the Goon Squad* by Jennifer Egan

June 15 – *I'll Give You the Sun* by Jandy Nelson

July 20 – *Oryx and Crake* by Margaret Atwood

August 17 – *The Family Fang* by Kevin Wilson

Exhibit: VASD K-12 Art Show

May 2 – 31

Students from the Verona Area School District, grades K-12 will showcase their artistic talent

For more events for children and families, please visit our website veronapubliclibrary.org

SENIOR CENTER ACTIVITIES

FUNCTIONAL FIT MELT

If you can't get up and down from the floor or have any unique conditions; such as walking with a cane or in a wheel chair, have severe back pain, this MELT class is for you! This class will mostly use the specialized MELT Hand and Foot Treatment Balls to stimulate your connective tissue and nervous system.

Day: Wednesdays

Time: 10:00—10:45AM

Instructor: Liron Weiss

CORE STRENGTH (free!!)

Days: Thursdays

Time: 2:00PM

Instructor: Led by Alasa Wiest

TAI CHI I & TAI CHI II

Tai Chi classes are offered at the Verona Senior Center by Jody Curley, M.A., designated a Master Instructor by her teacher of over 30 years, Grandmaster William C.C. Chen of New York City. Tai Chi Chuan originated in China hundreds of years ago as a health practice, meditation and self-defense art, and it is now practiced principally for improvement and maintenance of balance, mobility, strength, range of motion and stress management. Many studies have verified its health benefits. Tai chi is gentle to joints, slow enough that it helps to prevent injury while exercising, and when coordinated with breathing, it becomes a moving meditation. It can be adapted to make it accessible to people with a wide variety of limitations and special needs. And it feels good!

Days: Fridays

Time: 10:00 & 11:15AM

Instructor: Deb Stevens

LINE DANCING

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line dancing and fun. Beginners are always welcome! Register now for the next 8 week series.

Days: Thursdays

Time: 3:30PM

Instructor: Marlene Cordes

SENIOR FITNESS CLASSES

Fitness training is an important aspect of senior health for both men and women. The main goal of Shannon's classes is to improve your quality of life. She wants you to be able to walk reasonable distances without tiring, walk up and down stairs without difficulty, and be able to play with your grandchildren without problems getting down on the floor and back up again. She stresses fitness not only for mobility but also for fall prevention. To achieve these goals, the 1-hour classes involve whole body workouts with a common theme of strengthening your body's core muscles. The classes typically involve four components.

Strength training – Strength training involves using lightweight dumbbells, bands, and stability balls. Participants across all strength levels can participate.

Balance – Exercises are performed that target and strengthen the balancing muscles in the core, ankles, and hips.

Flexibility – Flexibility is targeted through stretching exercises which may involve gentle yoga or chair yoga.

Cardiovascular endurance – Cardiovascular endurance is improved through functional fun movements and may involve walking, dancing, and even boxing exercises.

Classes are open to seniors of all levels—beginners to advanced. No prior exercise experience is necessary. The exercises can be performed standing or modified to enable you to perform them while sitting in a chair. Participants are encouraged to work at their own pace and listen to their body.

Shannon has been teaching senior fitness classes for over 3 years. She has taken continuing education classes to earn certifications in stability, balance and the cognitive function of seniors.

CHAIR YOGA

Days: Thursdays

Time: 9:50AM

KEEPING FIT

Days: Mondays &

Thursdays

Time: 8:45AM

YOGA

Days: Fridays

Time: 8:45AM

All of these classes are \$5 per class. For more information, please contact the Senior Center at 845-7471.



SENIOR CENTER ACTIVITIES

FOOT CARE CLINIC

Appointments must be made in advance. The cost is \$20.00, payable to Home Health United. Please bring (2) towels for your own use. Fingernails can also be done at the same appointment time for an additional \$10.

Mondays **Appointments begin at 8:45 AM**

DIABETIC FOOT CARE

Call early! Appointments are required and fill quickly. The cost is \$28.00 per visit, payable to Home Health United. Please bring 2 towels with you to your appointment.

4th Monday of the Month

Appointments begin at 8:45 AM

FOOT REFLEXOLOGY

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased circulation, a balancing effect, and a relaxation which enhances general well-being. 30-minute session for \$20; 1 hour, \$40. Appointment needed.

1st Tuesday of the Month

3rd Thursday of the Month

Appointments begin at 8:45 AM

CHAIR MASSAGE

Enjoy the benefits of a massage of the neck, head, back, shoulders, and arms. A 15-minute session is \$10.00; a 30-minute session is \$20.00. Call 845-7471 to schedule an appointment.

Tuesdays: Except First Tuesday

Appointments begin at 8:45 AM

STORY TIME WITH SENIORS

Join kids from the Playground Program at the Senior Center for some quality reading time! Kids ages 5—8 will meet you at the Senior Center to read stories. They can practice their reading skills and read to you, as well as listen to you read out loud. Please RSVP with Alasa.

Fridays (6/30/17—8/11/17)

10:00 AM

NURSE BARBARA

Barbara does blood pressure and glucose checks, weigh-ins, and informal discussions of your health and nutritional goals and concerns. Most of the services available with Nurse Barbara are on a "drop-in" basis, but you can call the Senior Center, 845-7471, if you would like to make an appointment for a private consultation.

Wednesdays from 9:30 AM-2:00 PM

CLUB 108

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. We currently have openings for this program. If you are interested in enrolling or have questions, please contact our case manager, Becky Losby, at 845-7471.

Every Wednesday 10:00-11:30 AM

1st & 3rd Tuesdays

(During Caregivers Support)

LOW VISION SUPPORT GROUP

Join Rita Martin for this once a month support group for those care for or those effected by low vision. This group will meet the second Tuesday of each month.

2nd Tuesday of the Month

10:30 AM

VETERANS CLUB

All branches and all age groups are welcome. Please call Becky Losby with any questions at 845-7471.

3rd Thursday of the Month

3:00 PM

CAREGIVERS SUPPORT GROUP

This group meets on the first and third Tuesday of the month. All caregivers or former caregivers are welcome! RSVP not required; however, if you need transportation please call Becky at 848-0432.

1st & 3rd Tuesday of the Month

10:00 AM

These activities are organized through the Verona Senior Center. If you have any questions regarding Senior Center activities or services, please contact the Senior Center at 845-7471



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